

SPEAKING: "HEALTHY LIFE"



A. Your school or college is planning to have a Healthy Living week. With a partner say what healthy living ideas are shown in the pictures. Then choose two ideas or suggest your own ones and talk together about their benefits and how you will persuade people to take them up.



e.g.: Doing yoga will make your body fitter and stronger.
It's a good idea to take up YOGA to help you relax.

B. Read the two descriptions and say how healthy these people are. Decide which of the "Ways to good health" they should try. Why?

Clara drives a delivery van. She doesn't eat much during the day, but there is always a can of cola in the van. In the evening, she heats a ready-made meal in the microwave.

John is a journalist. He works at home, sitting at his computer all day. He goes for a quick run in the mornings before he starts work, and eats quite healthy meals.

C. Conversation questions

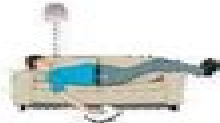
1. What can cause overweighting? What are the consequences of it? What are the ways of solving this problem?
What is the best way of losing the weight and never putting on weight?
2. Why shouldn't we skip meals?
3. Why is it very important to get enough sleep? What are the consequences of staying up late?
4. What are the advantages of taking up the new sport or hobby? Does it help to cope with stress? Why?
5. What are the reasons of being stressed out always? How do you cope with this every day?
6. Do you agree with this statement? "Laughing is good for your health"? Are you environmentally friendly?
7. Sitting around or at a desk all day is one of the reasons of being tired. What other reasons do you know?



D. What are his dreams?

I WISH I HAD/HADN'T

E.g. - I wish I had cycled more to be fitter.



E. What should we do to keep fit?

DAVID: Hi, Steve. You look fantastic! I haven't seen you for a long time and you haven't changed a bit. You really look healthy.

STEVE: I guess I do. I hardly ever get a cold, maybe once in 2 or 3 years and that's all about my illnesses. I never suffer from anything.

D: No headaches, backaches, pains in the stomach?

S: (laughs) No, and my legs don't hurt and my arms don't hurt either.

D: Do you think that's because of your diet or the exercise you take?

S: Oh, I don't know. I mean I like food, and I think I eat healthy food - fruits, veggies, lots of salad. But I also enjoy fried food, meat, fish. And I like dairy products - milk, cream, sour cream, cottage cheese. I eat bread and I am fond of pancakes with caviar though I don't like sweets. In fact I like neither bitter nor sweets things. So, as you see, I can't say I keep a diet.

D: No, definitely not. Do you take regular exercises?

S: Not enough, I think. My work keeps me busy. In summer I play volleyball, swim and ride a bicycle. Last summer I tried to ride a horse but understood that wasn't my cup of tea.

D: Do you go in for any winter sports?

S: Not really. I mean I walk a lot. But no jogging or playing indoor games. So, that is the exercise I do. BY THE WAY I DON'T SMOKE and never drink alcohol, only soft drinks.



WHAT IS STEVE'S ADVICE? WHAT WOULD YOU ADVISE TOO DAVID?

Speaking For A Healthy Life Paperback

David Bryant



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Table of Contents Speaking For A Healthy Life Paperback

1. Understanding the eBook Speaking For A Healthy Life Paperback
 - The Rise of Digital Reading Speaking For A Healthy Life Paperback
 - Advantages of eBooks Over Traditional Books
2. Identifying Speaking For A Healthy Life Paperback
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Speaking For A Healthy Life Paperback
 - User-Friendly Interface
4. Exploring eBook Recommendations from Speaking For A Healthy Life Paperback

- Personalized Recommendations
- Speaking For A Healthy Life Paperback User Reviews and Ratings
- Speaking For A Healthy Life Paperback and Bestseller Lists
- 5. Accessing Speaking For A Healthy Life Paperback Free and Paid eBooks
 - Speaking For A Healthy Life Paperback Public Domain eBooks
 - Speaking For A Healthy Life Paperback eBook Subscription Services
 - Speaking For A Healthy Life Paperback Budget-Friendly Options
- 6. Navigating Speaking For A Healthy Life Paperback eBook Formats
 - ePub, PDF, MOBI, and More
 - Speaking For A Healthy Life Paperback Compatibility with Devices
 - Speaking For A Healthy Life Paperback Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Speaking For A Healthy Life Paperback
 - Highlighting and Note-Taking Speaking For A Healthy Life Paperback
 - Interactive Elements Speaking For A Healthy Life Paperback
- 8. Staying Engaged with Speaking For A Healthy Life Paperback
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Speaking For A Healthy Life Paperback
- 9. Balancing eBooks and Physical Books Speaking For A Healthy Life Paperback
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Speaking For A Healthy Life Paperback
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Speaking For A Healthy Life Paperback
 - Setting Reading Goals Speaking For A Healthy Life Paperback
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Speaking For A Healthy Life Paperback

- Fact-Checking eBook Content of Speaking For A Healthy Life Paperback
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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